

# Deliciously Edible Plant Parts (Page 1 of 2) LESSON 1 HANDOUT 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Fruits and vegetables are the deliciously edible parts of a plant!

**Identify!** Look at the images below and see if you can identify each fruit or vegetable. Can you identify what part of the plant it comes from? What other fruits or vegetables can you think of that come from the same part of a plant?

**Explain!** Each plant part has an important job. Explain and write down the function of each plant part, then try quizzing your friends!

**Taste!** Use your senses to write down your observations in your **Garden Journals** from the **Plant Part Tasting Station** activity. Describe **the flavor** (for example, sweet, salty, sour, bitter), **the texture** (for example, crunchy, soft, crisp), and **the appearance** (color, shape, size).

• chickpeas  
• zucchini

• leaf  
lettuce

• broccoli  
• celery

• strawberries  
• carrots

• tomatoes  
• green beans



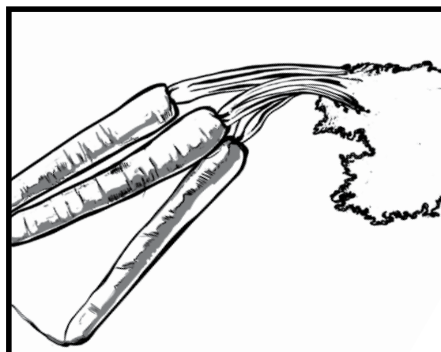
1. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



2. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



3. \_\_\_\_\_

Plant Part: \_\_\_\_\_

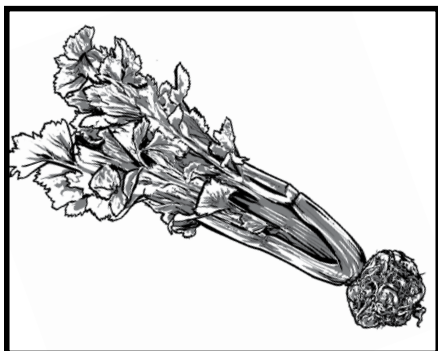
Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_

# LESSON 1 HANDOUT 1 Deliciously Edible Plant Parts (Page 2 of 2)

Name: \_\_\_\_\_ Date: \_\_\_\_\_



4. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



5. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



6. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



7. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



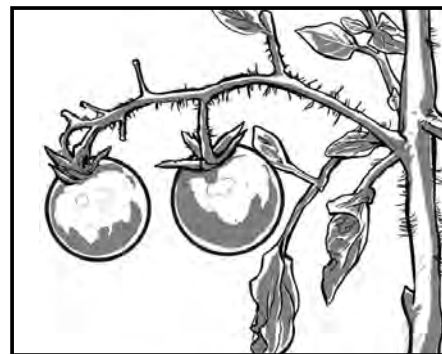
8. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_



9. \_\_\_\_\_

Plant Part: \_\_\_\_\_

Other fruits or vegetables of the same plant part:

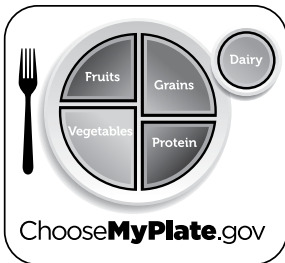
\_\_\_\_\_  
\_\_\_\_\_

Function: \_\_\_\_\_

# Fruits and Veggies on MyPlate

## LESSON 1 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Edible plant parts are found in more than two of the five **MyPlate** food groups we need each day for good health. Do you know which ones? (Circle them below).

**Fruit Group**

**Vegetable Group**

**Grain Group**

**Protein Foods Group**

**Dairy Group**

Look at the school lunch menu below and fill in the table by answering the following questions:

**1) What is the original ingredient?**

For each menu item, list the major ingredient from which it was made. Pizza is a combination food made up of foods from three food groups. Provide answers for each food in the pizza, as well as for the rest of the meal.

**2) What food group does it belong to?**

**3) Did it come from a plant? Answer "yes" or "no."**

**4) Which edible plant part is it?**

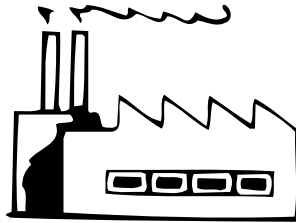
Lunch Menu Item	Original Ingredient		Food Group	Does It Come From a Plant? (yes/no)	Edible Plant Part
 <b>WHOLE-WHEAT CHEESE PIZZA</b>	a. Crust (example)	Wheat Flour	Grain Group	Yes	Seed
	b. Tomato Sauce				
	c. Cheese				
 <b>BAKED SWEET POTATO FRIES</b>					
 <b>BOWL OF BROCCOLI</b>					
 <b>APPLESAUCE</b>					
 <b>FAT-FREE MILK</b>					

**5) What fruits and vegetables are on this menu? List them:** \_\_\_\_\_



## Farmer (Producer)

A person/company who grows and harvests food on a farm



## Food Processor

A person/company who washes, cuts, mixes, and packages food from the farm



## Food Transporter

A person/company who moves food from one location to another, such as by truck, train, ship, or airplane



## Food Distributor

A person/company who decides which stores receive the food



## Advertiser

A person/company who designs the advertisements that promote food to consumers



## Food Inspector

A person/company who visits farms or processing centers to ensure that foods are grown and processed safely



## Grocer/Food Retailer

A person/company who sells food to consumers (such as through a grocery store or supermarket)



## Consumer

A person who buys the food that has been grown or prepared



## Compost/Waste Manager

A person/company who disposes of leftover food scraps by either composting or throwing food away (sending to a landfill)

# Dark-Green Leafy Vegetable Taster (Page 1 of 2) LESSON 2 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The **Vegetable Food Group** has five vegetable subgroups. One of these subgroups is called the **Dark-Green Vegetable Subgroup**. Vegetables in this group all provide the same kinds of nutrients; that's why they are grouped together. To eat smart and play hard, we need to eat dark-green vegetables every week.

**Which have you tried? Circle:**

spinach

green leaf lettuce

bok choy

kale

broccoli



## Spinach Fun Facts

- Fuel up with spinach to eat smart and play hard. It's packed with vitamin A, which helps keep your eyes and skin healthy. It also contains other nutrients your body needs, such as vitamin C, folate, and the mineral potassium.
- Fresh spinach is a tasty way to make your salad or sandwich a little greener. Thawed frozen spinach is great mixed with tomato sauce for pasta or as a topping on pizza.
- California, Arizona, Texas, and New Jersey grow the most spinach in the United States!
- Recipes with "Florentine" in their name contain spinach, such as "Eggs Florentine."



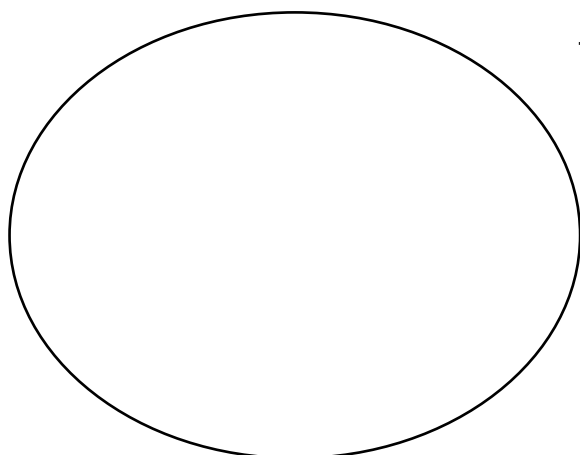


Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Taste

- 1) Write down and draw the leafy greens you will taste below.
- 2) Before you taste, write down your observations about each sample.
- 3) Taste and chew each sample slowly using all your senses. Write down what you taste. You may want to use some of these adjectives to help you: crunchy, sweet, salty, peppery, fresh, earthy, crisp, soft.

Remember your class's **Tasting Etiquette Guidelines!**



1. **Dark-green leafy vegetable:** \_\_\_\_\_

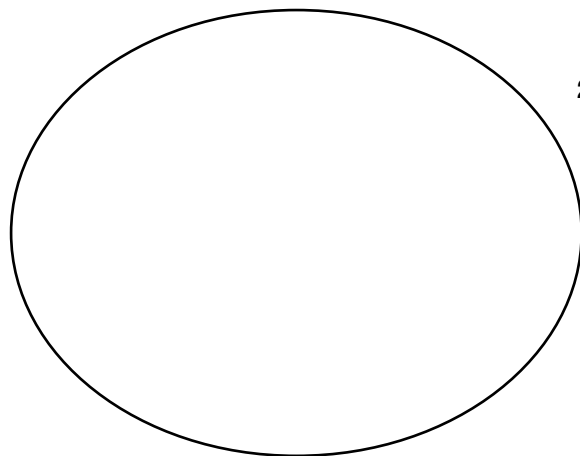
Observation (color, texture, size, shape): \_\_\_\_\_

Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_



2. **Dark-green leafy vegetable:** \_\_\_\_\_

Observation (color, texture, size, shape): \_\_\_\_\_

Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_

Dressing (\_\_\_\_\_) Taste: \_\_\_\_\_

## Reflect and Create

(Answer the following questions in your **Garden Journals**.)

- 1) Have you ever eaten any of the dark-green leafy vegetables you just tried at home?
- 2) What dark-green leafy vegetables have you eaten at school?
- 3) How could you add dark-green leafy vegetables to your lunch? To your dinner? To a snack?

# Nutrient Knowledge Flashcards (Page 1 of 3) LESSON 3 HANDOUT 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## What is a nutrient?

Nutrients are the substances in food that help us grow, play hard, and stay healthy. Eating a variety of vegetables not only keeps meals interesting, but also helps the body get the nutrients it needs to be healthy. That's because different veggies have different amounts of vitamins, minerals, fiber, and protein. Eating from all five of the **MyPlate** vegetable subgroups each week helps us get the variety we need: **Dark Green Vegetables, Red and Orange Vegetables, Beans and Peas, Starchy Vegetables,** and **Other Vegetables.**

Cut out, fold, then tape or glue edges of flashcards together. Use them to test your knowledge about nutrients in fruits and veggies. Then quiz your friends and family!

<b>Clues</b> <ul style="list-style-type: none"> <li>Helps my body form red blood cells</li> <li>Found in dark-green veggies (especially spinach), asparagus, Brussels sprouts, beans and peas, and oranges</li> </ul>	<b>(Vitamin) FOLATE</b> (Also known as "Folic Acid")
<b>Clues</b> <ul style="list-style-type: none"> <li>Helps my body heal cuts and scratches</li> <li>Keeps my teeth and gums healthy</li> <li>Found in fruits and veggies like oranges, grapefruits, kiwi, tomatoes, strawberries, bell peppers, potatoes, and broccoli</li> </ul>	<b>(Vitamin) Vitamin C</b>
<b>Clues</b> <ul style="list-style-type: none"> <li>Helps protect my eyes and skin</li> <li>Found in dark-green veggies (like spinach and kale), red and orange fruits and vegetables (like carrots, cantaloupe, sweet potato, and tomatoes)</li> </ul>	<b>(Vitamin) Vitamin A</b>

FOLD

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• Keeps my muscles and nervous system working right</li> <li>• Helps my body keep a normal heartbeat and blood pressure normal</li> <li>• Found in fruits and veggies like bananas, dried apricots, cantaloupe, orange juice, sweet potatoes, white potatoes, white beans, kidney beans, tomato sauce, and spinach</li> </ul>	<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• My body uses it to carry oxygen from my lungs to the rest of my body</li> <li>• Vitamin C helps my body absorb (take in) more of it</li> <li>• Found in dried fruits (like raisins), beans and peas, and dark-green leafy vegetables (like spinach)</li> </ul>	<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• Gives me energy to run, jump, dance, and even blink my eyes</li> <li>• Found in all fruits and veggies</li> </ul>
<p><b>Potassium</b> (Mineral)</p>	<p><b>Iron</b> (Mineral)</p>	<p><b>Carbohydrate</b></p>

FOLD



# Nutrient Knowledge Flashcards (Page 3 of 3) LESSON 3 HANDOUT 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• Provides energy and helps my body absorb (take in) certain vitamins</li> <li>• Liquid forms, like oils from avocados and olives, are heart healthy and provide some vitamins.</li> <li>• Solid forms (at room temperature), like butter and stick margarine, may be added when foods are prepared. Eating too much solid fat is not good for my heart.</li> </ul>	<p><b>Fats</b></p>
<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• My body uses this to build healthy muscle, skin, bone, and tissue</li> <li>• Also used for energy</li> <li>• Found in beans and peas</li> </ul>	<p><b>Protein</b></p>
<p><b>Clues</b></p> <ul style="list-style-type: none"> <li>• A type of carbohydrate that my body cannot digest, but has many overall health benefits</li> <li>• May lower my risk of heart disease and diabetes</li> <li>• Keeps food moving through digestive tract, and helps me feel full after eating</li> <li>• Found in most fruits and vegetables. Juicing and peeling lowers the amount of it in fruits and veggies.</li> </ul>	<p><b>Fiber</b></p>

FOLD



United States Department of Agriculture

Dig In! • Grades 5-6 • <http://teamnutrition.usda.gov>

USDA is an equal opportunity provider and employer.



# LESSON 3 HANDOUT 2 Case of the Missing Subgroup (Page 1 of 2)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The school lunch menu for the week has just been posted. But it's missing a vegetable subgroup! You now know how important it is to make sure you and your friends eat vegetables from all of the subgroups each week. Can you help complete and improve the menu?

Using the list of vegetables in each subgroup, write the name of the subgroup each vegetable belongs to on the space provided. Study the menu, and answer the following questions:

- How often is each vegetable subgroup on the menu?

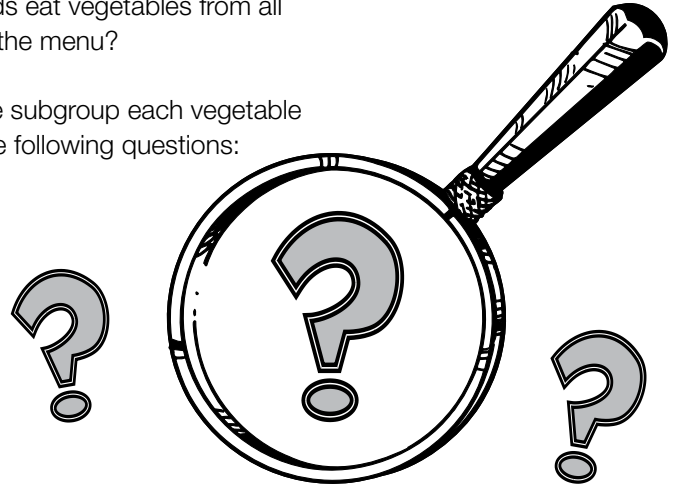
**Dark Green:** \_\_\_\_\_

**Red and Orange:** \_\_\_\_\_

**Beans and Peas:** \_\_\_\_\_

**Starchy:** \_\_\_\_\_

**Other:** \_\_\_\_\_



- Which subgroup is missing? \_\_\_\_\_

- What change could you make so that kids could get all the subgroups during the week? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Tip!** Remember, most people don't eat enough red, orange, and dark-green vegetables, and beans and peas — so try to include these in meals and snacks as often as you can.



# Case of the Missing Subgroup (Page 2 of 2)

## LESSON 3 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### WEEK 1 – SCHOOL LUNCH MENU

#### MONDAY:

Roast Pork  
Steamed Brown Rice  
Glazed Sweet Potatoes  
(Name of Subgroup: \_\_\_\_\_)

\_\_\_\_\_ )  
Fresh Grapes  
Fat-free Milk

#### TUESDAY:

Ground Beef & Macaroni  
Whole-Wheat Roll  
Steamed Fresh Zucchini  
(Name of Subgroup: \_\_\_\_\_)

\_\_\_\_\_ )  
Banana  
Apple Crisp  
Fat-free Milk

#### WEDNESDAY:

Chicken Salad  
Whole-Wheat Bread  
Cauliflower  
(Name of Subgroup: \_\_\_\_\_)

\_\_\_\_\_ )  
Corn  
(Name of Subgroup: \_\_\_\_\_)  
\_\_\_\_\_ )  
Fresh Strawberries  
Fat-free Milk

#### THURSDAY:

Baked Cajun Fish  
Cornbread  
Baked Beans  
(Name of Subgroup: \_\_\_\_\_)

\_\_\_\_\_ )  
Iceberg Lettuce Salad  
(Name of Subgroup: \_\_\_\_\_)  
\_\_\_\_\_ )  
Italian Dressing  
Apricot Halves  
Fat-free Milk

#### FRIDAY:

Cheese and Tomato Pizza  
with Whole-Grain Crust  
(Name of Subgroup: \_\_\_\_\_)

\_\_\_\_\_ )  
Green Peas  
(Name of Subgroup: \_\_\_\_\_)  
\_\_\_\_\_ )  
Baby Carrots with Low-fat Dip  
(Name of Subgroup: \_\_\_\_\_)  
\_\_\_\_\_ )  
Peach Slices  
Fat-free Milk



### VEGETABLE SUBGROUP GUIDE (not a full list):

#### Dark-Green Vegetables:

bok choy  
broccoli  
collard, turnip, or mustard greens  
dark-green leaf lettuce  
kale  
romaine lettuce  
spinach

#### Red & Orange Vegetables:

acorn squash  
butternut squash  
carrots  
red and orange bell peppers  
sweet potatoes  
tomatoes

#### Beans & Peas:

black beans  
black-eyed peas (mature, dry)  
chickpeas (garbanzo beans)  
kidney beans  
lentils  
navy beans  
pinto beans  
split peas

#### Starchy Vegetables:

corn  
green peas  
plantains  
potatoes  
water chestnuts

#### Other:

asparagus  
avocado  
beets  
Brussels sprouts  
cabbage  
celery  
cucumbers  
green beans  
green bell peppers  
iceberg (head) lettuce  
zucchini

### DO FRUITS HAVE SUBGROUPS?

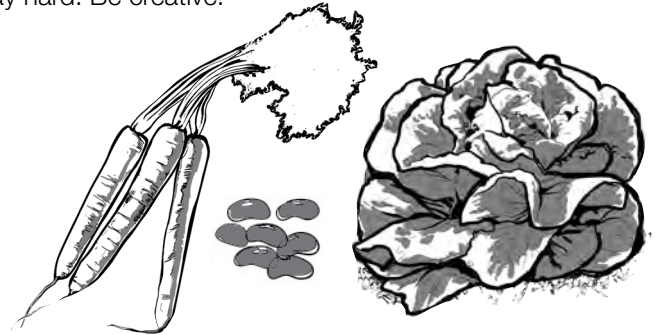
Fruits do not have subgroups, but it's important to eat different kinds of fruits during the week. Melons, citrus fruits, berries, apples, peaches, and bananas are just a few of the many delicious choices.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

You've now learned that different vegetables have different nutrients. Eating a variety of vegetables from each of the five subgroups can help you grow, play hard, and stay healthy! Now it's your chance to turn all that you have learned into a comic strip, titled "**A Lot Can Happen When...**" Mention at least one vegetable from one of the five vegetable subgroups in your comic. Tell how eating a colorful variety of vegetables helps you play hard. Be creative!

Use the questions below to help you get your visual story started:

- What do you wish could happen to you in a day?
- What is an obstacle you'd like to overcome?
- What is one of your biggest goals?



## A Lot Can Happen When...

<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>	<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>	<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>
<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>	<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>	<div style="border: 1px solid black; width: 80%; height: 40%; margin: 0 auto; position: relative;"> <div style="position: absolute; top: -10px; left: 10px; width: 100%; height: 10px;"></div> </div>

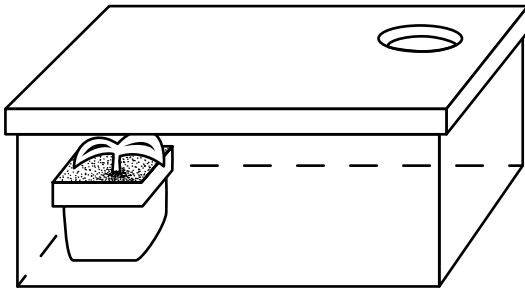
# A-Maze-ing Light

## LESSON 4 HANDOUT 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What do plants need to grow? Do they seek out what they need? Conduct an experiment to find out!  
You will build a maze for a bean plant to see what happens when a plant has minimal sunlight.

Sample 1



**1. Hypothesize:** Write down your predictions to the following questions in your **Garden Journal**.

- What do you think plants need to grow?
- Do you think plants change their growth to follow the sun?
- What would happen to a plant if sunlight were blocked?

**2. Design your maze:** It does not need to be complicated to make the experiment successful. Study the mazes to the left. Then use cardboard to create your walls. Make sure there is a hole leading from the outside of the box to the inside. Water your plant before you place it in your maze. Cover the maze and position the box so that sunlight will shine into the box through the hole.

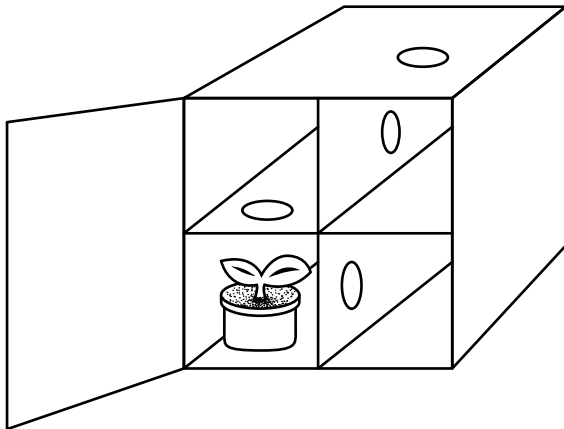
**3. Hypothesize:** What do you think will happen to the plant next week? In 2 weeks? Draw a “prediction growth picture” in your journal mapping the growth pattern you think your plant will take.

**4. Measure:** Check in on your maze every day. If the top of the soil is dry to the touch, add a little water. Measure and record the growth of your plant. Keep this data in your **Garden Journal**.

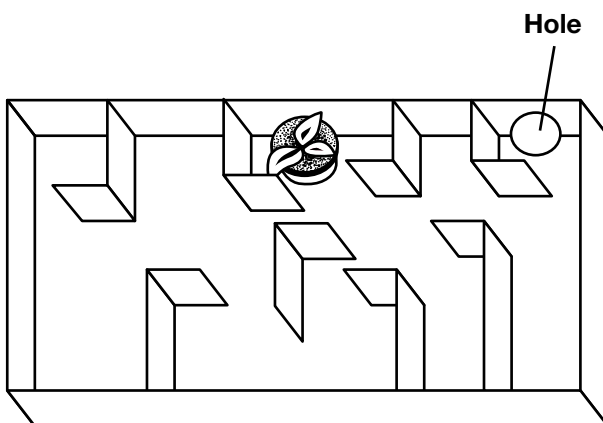
**5. The results:** At the end of the experiment, do a final measurement of the growth of your plant. Write down the results. How do the results compare to your hypothesis? Why do you think it grew the way it did? What can you conclude based on this experiment?

**6. Graph, chart, or map your experiment results.** Then have an A-Maze-ing Plant display! Decorate and color the outside of your mazes.

Sample 2



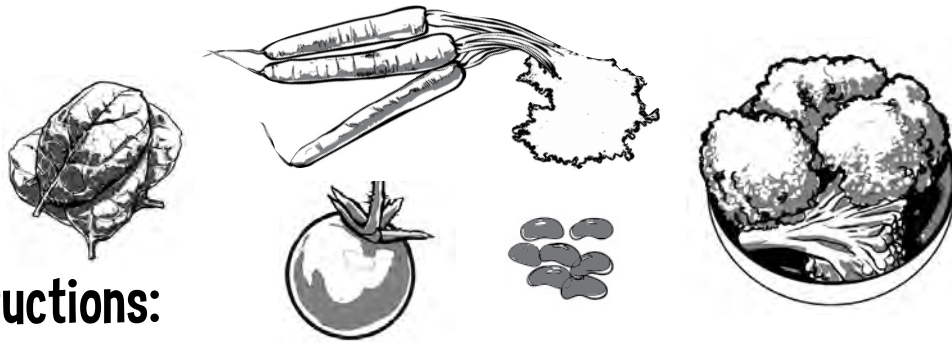
Sample 3



# LESSON 4 HANDOUT 2 Fuel Up With Veggies...Zoom to the Finish! (Page 1 of 2)

Know how you can really get your engine going? Make half your plate fruits and veggies. They'll help you be your best at school and at play.

Are you fueling up with enough dark-green, red, and orange veggies, and beans and peas during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!



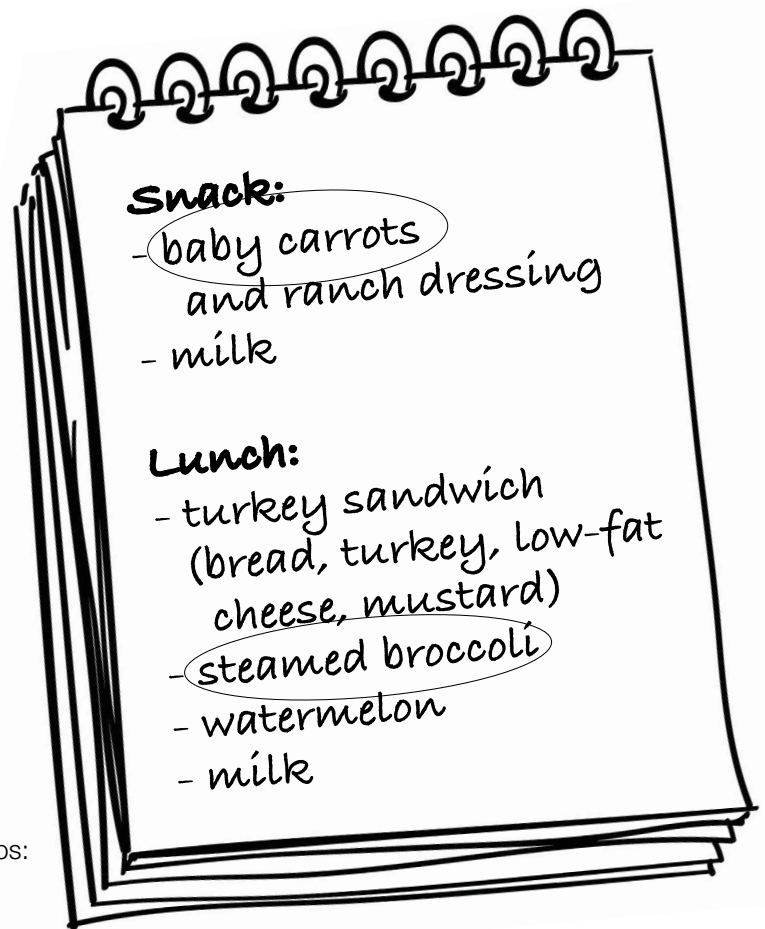
## Challenge Instructions:

**1) TRACK:** For 3 days, write down everything you eat and drink (at meals, snacks, or in between) in your **Garden Journals**. Circle all the veggies. (See example on right.)

**2) EVALUATE:** Make a list of each new vegetable you tried. Then, sort the vegetables you ate into the five vegetable subgroups: **Dark-Green, Red and Orange, Beans and Peas, Starchy, and Other.**

### 3) ZOOM AROUND THE TRACK:

- Use the track on the next page. For each vegetable portion you eat, move one space on the track. You cannot count the same vegetable twice. (For example, If you eat broccoli on Day 1 for lunch and dinner, you can only count it once. But if you eat it also on Day 2, you can move another space.)
- Write down the name of the vegetable in each space you move through.
- Give yourself a **Turbo Boost!**  
For each **NEW** vegetable you eat, you earn one extra space! Write it into the empty space.
- You may not cross the finish line until you have eaten at least one veggie from EACH of the following subgroups: **Dark-Green, Red and Orange, Beans and Peas.**  
Circle them clearly on the track.



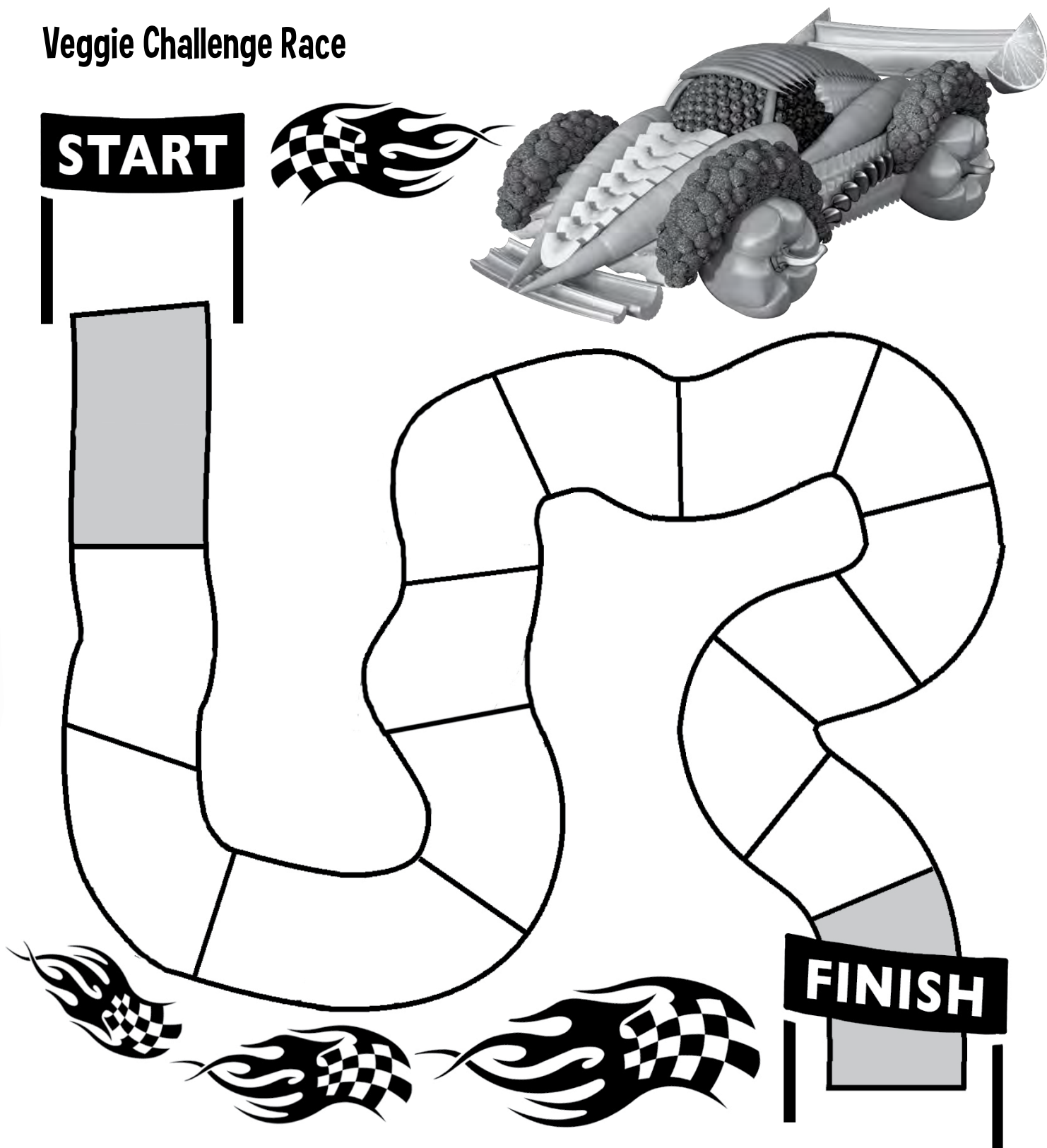
**Tip!** The more variety you eat, the faster you'll move around the track!



# Fuel Up With Veggies...Zoom to the Finish! (Page 2 of 2) LESSON 4 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Veggie Challenge Race



Use this template to plan your garden and determine what fruits and vegetables you want to grow. Think about what plants grow well together (see **Garden Companions** for information). Use your **Garden Journals** and extra graph paper to take notes, and sketch out your plans first. Don't forget to measure your garden plot and draw it to scale below. Map out where plants should go by writing the number of each plant on your list.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

**Notes:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire page. There are no margins, text, or other markings present.

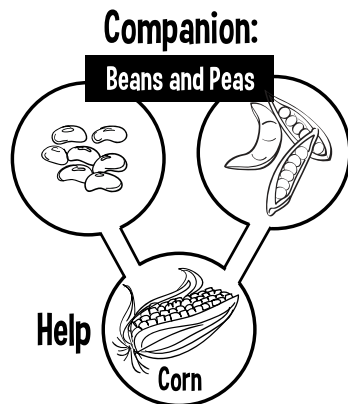
# Garden Companions

## LESSON 5 HANDOUT 2

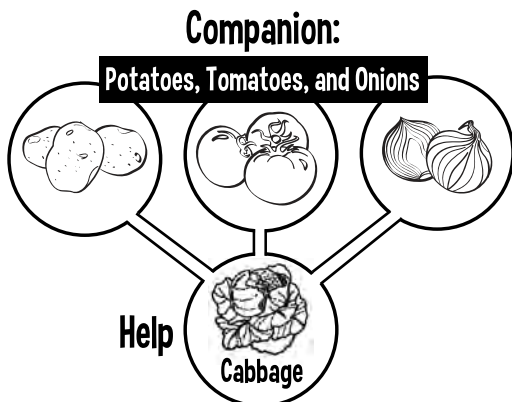
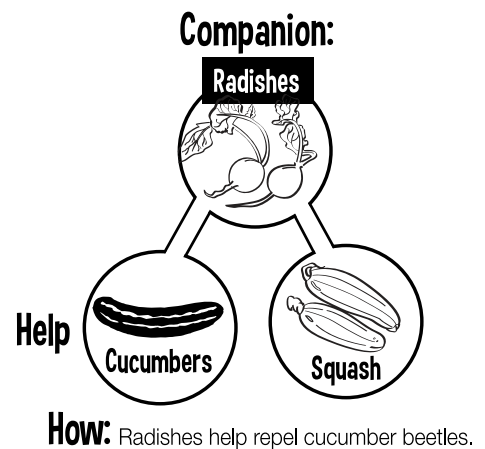
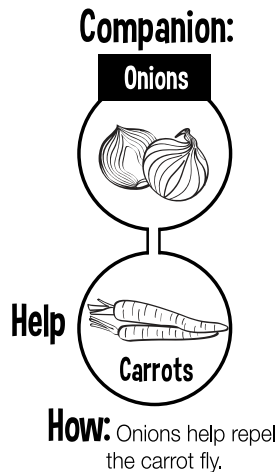
Name: \_\_\_\_\_ Date: \_\_\_\_\_

A colorful combination of food on a plate can enhance the way a meal looks and tastes. In the same way, plants growing in the garden can complement each other, too. While chefs think of how to combine flavors, gardeners also think about what grows well together. Did you know that onions help tomatoes and peppers grow by repelling pests? Or that beets help lettuce by adding minerals to the soil? The science of gardening is fascinating!

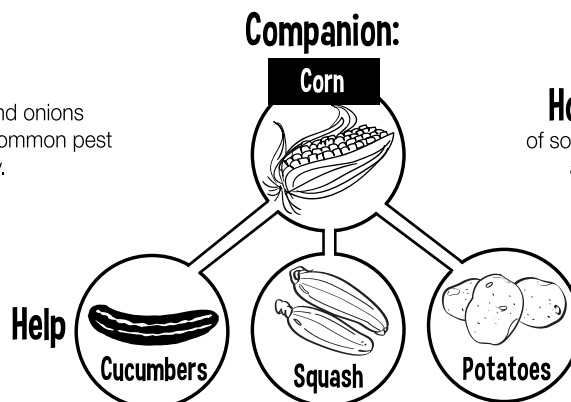
Use this sheet to help you design a garden that is not only colorful but grows well, too.



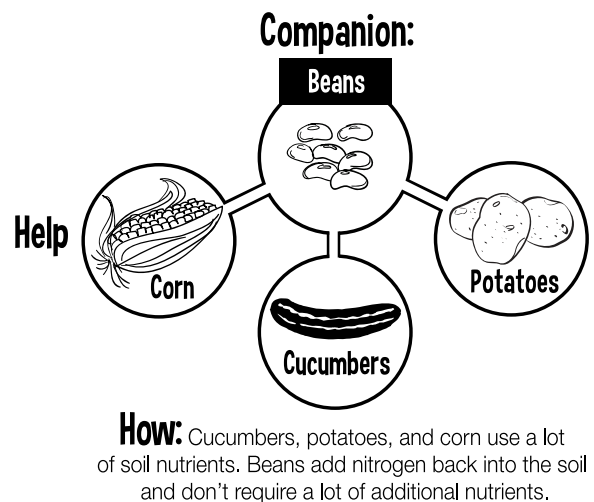
**How:** Beans and peas increase nitrogen supply in the soil available for corn.



**How:** Potatoes, tomatoes, and onions repel cabbageworm, which is a common pest of the cabbage family.



**How:** The lower growing plants help reduce weed growth by covering the ground. The corn provides a nice tall stalk for the vining plants to climb.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Eat smart to play hard with chickpeas!**

The chickpea, also known as a garbanzo bean, is a small, round bean with a mild, nutty flavor. It is the seed part of the plant and grows in a pod. Chickpeas are grown throughout the Middle East, India, Turkey, Africa, and the United States. There are lots of tasty ways chickpeas are prepared and eaten across the globe.



**Hummus** is a popular recipe from the Middle East. In fact, the word “hummus” is actually the Arabic word for “chickpea.” It is traditionally made with mashed chickpeas, olive or sesame seed oil, lemon juice, and garlic. **Tahini** (a thick paste made from sesame seeds) and paprika can also be added. It’s often eaten with pita bread, but may also be served with raw vegetables as a dip, or with whole-grain crackers. Try it as a spread on a sandwich or veggie wrap.

**Chickpea Fun Facts**

- This tasty legume is packed with protein for building and repairing muscles. It is also a good way to add folate and fiber to your snack for healthy blood cells and a healthy digestive tract.
- Chickpeas can count as a vegetable or protein food on **MyPlate**.
- In the garden, chickpeas grow as seeds in pods on a bushy plant with feathery leaves. Their flowers can vary from white to violet. The chickpeas can vary in color from dark green to light brown, but they turn a light beige when cooked.
- Add chickpeas to your salad or try them mashed into a dip, like the hummus recipe below.

**Recipe**  
**Hummus****Serves:** approximately 8**Ingredients:**

- 2 15-oz cans of chickpeas (rinsed and drained)
  - ½ cup water
  - 2 cloves garlic (or 1 Tbsp minced)
  - 2 tablespoons olive oil
  - ¼ cup lemon juice
  - ¾ teaspoon salt
  - ¼ teaspoon black pepper
  - ¼ cup tahini (*optional*)
  - 1 tablespoon paprika (*optional*)
- whole-wheat pita bread or raw vegetable sticks (for dipping)

**PREPARATION TIME:**

20 minutes

**SERVING SIZE:** ¼ cup**SUPPLIES:**

potato masher (or mortar and pestle), colander, large bowl, large stirring spoon, serving spoon, measuring cup and spoons, can opener

**Note:** Adults may blend the hummus using a blender or food processor if available.

**Directions:**

1. Wash your hands.
2. Use a potato masher, or a mortar and pestle, to mash chickpeas to a paste. Add garlic and enough water to make the mixture smooth. (Or you may use a blender or food processor with help from an adult.)
3. Add tahini (*optional*), olive oil, lemon juice, salt, and pepper to the chickpeas. Mix well.
4. Spoon hummus into a bowl. Sprinkle with paprika. (*optional*)
5. Serve with warm whole-wheat pita bread and vegetable sticks for dipping.

**Recipe Vocabulary:****Potato Masher:**

a utensil used to mash soft food like mashed potatoes or applesauce

**Mortar and Pestle:**

a two-piece tool (club-shaped piece and bowl) often made of wood or stone, used to grind or crush food

**Mince:**

chop up into small pieces

**Colander:**

bowl-shaped utensil with holes used to drain liquid from food (like pasta)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Connect with another class in your chosen area and make a friend by sharing what you both like to eat. Tell your “pen pal” about the fruits and vegetables you eat at home, at school, and at holidays. Ask them to share their favorite fruits and vegetables and how they prepare them. Swap pictures of your school gardens or your school lunches. What else would you like to learn about their eating habits, their school, or their culture?

### Ask Your Pen Pal:

- What is your favorite fruit or vegetable, and why?
- Can you describe any special ways a fruit or vegetable is prepared where you live?
- What fruits and vegetables does your school serve for lunch?
- Do you ever eat chickpeas (garbanzo beans) or other beans? How does your family make these?
- What is your favorite recipe? Would you like to trade recipes?
- Does your school or family have a garden? What’s growing in it?





Are you surprised that math is used in the kitchen? Chefs need to measure ingredients to make sure their recipes come out tasting right and are the same each time. There are different units of measurements for liquid and dry ingredients. There are also different measuring systems depending on where you are in the world – **U.S.** (also called “**standard**”) and **metric**. Use the table below as a reference to help you in your kitchen measurements.

**Weight:** the heaviness, or downward force on an object caused by gravity

### Weight Measurement Abbreviations

**g** = gram  
**lb** = pound  
**oz** = ounce (weight)

**Volume:** the amount of 3-dimensional space something occupies, or the amount an object can hold

### Volume Measurement Abbreviations

**mL** = milliliter  
**L** = liter  
**fl oz** = fluid ounce  
**gal** = gallon  
**tsp** = teaspoon  
**Tbsp** = tablespoon  
**qt** = quart  
**pt** = pint



## Cooking Measurements

### U.S.-to-Metric System

#### Cooking Equivalents

1 tbsp = 3 tsp  
1/16 cup = 1 Tbsp  
1/8 cup = 2 Tbsp  
1/6 cup = 2 Tbsp + 2 tsp  
1/4 cup = 4 Tbsp  
1/3 cup = 5 Tbsp + 1 tsp  
3/8 cup = 6 Tbsp  
1/2 cup = 8 Tbsp  
2/3 cup = 10 Tbsp + 2 tsp  
3/4 cup = 12 Tbsp  
1 cup = 16 Tbsp  
1 cup = 48 tsp  
1 cup = 8 oz  
2 cups = 1 pt  
2 pt = 1 qt  
4 cups = 1 qt  
4 qt = 1 gal  
16 oz = 1 lb

### U.S.-to-Metric System

#### Converting Fluids

1/5 tsp = 1 mL  
1 tsp = 5 mL  
1 Tbsp = 15 mL  
1 fl oz = 30 mL  
1/5 cup = 50 mL  
1 cup = 240 mL  
2 cups (1 pt) = 470 mL  
4 cups (1 qt) = .95 L  
4 qt (1 gal) = 3.8 L

### Metric System to U.S.

#### Converting Fluids

1 mL = 1/5 tsp  
5 mL = 1 tsp  
15 mL = 1 Tbsp  
30 mL = 1 fl oz  
47 mL = 1/5 cup  
100 mL = 3.4 fl oz  
237 mL = 1 cup  
474 mL = 2 cups  
.95 L = 4 cups  
3.8 L = 4 qt (1 gal)  
1 L = 34 fl oz  
1 L = 4.2 cups  
1 L = 2.1 pt  
1 L = 1.06 qt  
1 L = .26 gal

#### Converting Weight

1 g = .035 oz  
100 g = 3.5 oz  
500 g = 1.10 lb  
1 kg = 2.205 lb  
1 kg = 35 oz

### U.S.-to-Metric System

#### Converting Weight

1 oz = 28 g  
1 lb = 454 g



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Most moderately active  
10- to 11-year olds need:**

**Fruit: 1½ cups per day      Vegetables: 2½ cups per day\***

**\*Remember!**

The amount of fruits and vegetables you need each day is determined by your age, gender, height, weight, and how active you are.

**What counts as 1 cup of fruits or vegetables?**



=

- small bowl (8-oz) of veggies
- 2 cups of raw leafy greens
- 8-oz glass of 100% fruit juice
- small bowl (8-oz) of fruit
- ½ cup of dried fruit



**Use measuring tools to test your kitchen math skills:**

1) Measure 1 cup of dry beans to see what 1 cup looks like. Put a cup of beans on a plate. Then, put 1 cup of beans in a bowl. Describe the size of a cup by comparing it to a familiar object: \_\_\_\_\_

2) Measure 1 cup of water and pour it into a drinking glass.  
Is there a difference between what a liquid “cup” and a dry “cup” look like? \_\_\_\_\_

3) Measure out following, then convert the daily recommended amounts to milliliters: \_\_\_\_\_

1½ cups fruit/day = \_\_\_\_\_ mL

2½ cups vegetables/day = \_\_\_\_\_ mL

**Convert the following measurements:**

4) 15½-oz can of beans = \_\_\_\_\_ cups

7) 2½ cups of chopped tomatoes = \_\_\_\_\_ oz

5) 8-oz of pasta = \_\_\_\_\_ cups

8) 32-oz of green beans = \_\_\_\_\_ lb

6) 1½ cups of fruit = \_\_\_\_\_ Tbsp



**Find three measurements on a food or beverage package  
to convert to another unit.**

9) \_\_\_\_\_ = \_\_\_\_\_

10) \_\_\_\_\_ = \_\_\_\_\_

11) \_\_\_\_\_ = \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Red and orange veggies can be smooth, sweet, cool, or zippy. Taste a tomato, crunch a carrot, or savor a sweet potato. With their bright colors and flavorful tastes, they'll steal the show!**

You are part of Team \_\_\_\_\_ (name) and are competing in the **Chef Challenge**. Using the fruit and vegetable ingredients, you will work together to prepare the following recipe and then arrange it on a plate to make it look especially appetizing!

**1)** Before you begin, read through your recipe. What supplies do you need? \_\_\_\_\_  
What are the preparation steps? \_\_\_\_\_

**2)** Next, look at the recipe serving size. How many people are in your class? \_\_\_\_\_

Make the necessary calculations to the ingredient measurements to adapt the recipe so that there's enough for everyone.

**3)** How many cups of vegetables does this recipe provide per serving? (**Hint:** Add together the cups of vegetables in the recipe, then divide by the number of people it serves.) \_\_\_\_\_

**4)** What colorful vegetables do you want to include in your pasta salad? Work together with your fellow chefs to measure and prepare your unique pasta salad.

## Recipe

### Rainbow Veggie Pasta Salad

#### Ingredients:

- 1 cup cooked whole-grain spiral (rotini) pasta
- ½ cup fresh carrots, chopped
- ½ cup fresh broccoli florets
- ½ cup green peas
- ½ cup fresh tomatoes, chopped
- ½ cup red or orange bell peppers, seeded, diced
- 1 cup canned low-sodium chickpeas, rinsed, drained
- 1 cup low-fat shredded mozzarella cheese (optional)
- 1 cup cooked chicken, chopped (optional)
- 1 cup of light Italian-style salad dressing\*
- 1 Tbsp salt and pepper

(\*Or make your own dressing using equal parts olive oil and lemon juice.)

**Preparation Time:** 15 minutes

**Serves:** 4

**Serving Size:** 1½ cups

#### SUPPLIES:

- large bowl
- large spoon
- vegetable peeler
- can opener
- dry measuring cups  
(½ cup and 1 cup)

#### Directions:

- 1)** In a large bowl, combine cooked pasta, whatever combination of vegetables you choose, cheese and/or chicken (if using), and dressing. Mix gently with a spoon.
- 2)** If possible, refrigerate for at least 1 hour before serving. Otherwise, enjoy right away!

# Finding Fiber

## LESSON 8 HANDOUT 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

There are many ways to eat fruits and vegetables, including raw, canned, frozen, dried, and juiced. Study the **Nutrition Facts labels**, and compare each to find the option with the most fiber. Answer the questions to the right, in your **Garden Journals**.

- 1) Which food contains the most fiber?
- 2) Which has more fiber: a whole orange or orange juice?
- 3) Which has more fiber: apple slices or apple juice?
- 4) What can you conclude about the amount of fiber in juice versus whole or cut-up fruit?

### 100% Apple Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
<b>Calories</b> 55	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Proteins</b> 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.



### Apple Slices

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
<b>Calories</b> 30	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Proteins</b> 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.



### 100% Orange Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Proteins</b> 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.



### Whole Orange

Nutrition Facts	
Serving Size 1 small orange (2-3/8" diameter)	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 12g	
<b>Proteins</b> 1g	
Vitamin A 4%	Vitamin C 90%
Calcium 4%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Fuel your day with fruit at breakfast! Try some of these tasty ideas:**

- Add chopped apples, dried fruits, chopped nuts, and a little brown sugar to plain oatmeal.
- Top a whole-grain waffle with low-fat yogurt and berries.
- Spread peanut butter on a whole-wheat tortilla. Top it with fruit and a grated carrot, then roll it up.
- Top whole-grain bread with low-fat cheddar cheese and apple slices. Ask your parents to toast it in the oven.
- Blend low-fat yogurt, fruit, and ice in a blender for a quick smoothie.

**Power up with fruit as a snack. Try the following ideas:**

- Create your own cereal snack mix with whole-grain cereal, dried fruits, and nuts.
- Enjoy orange wedges after sports practice.
- Dip fruits into low-fat vanilla yogurt.
- Make popsicles out of low-fat yogurt and fruit.

**Make your own fruit treat! Work with a partner and follow the recipe below to make a yummy breakfast or power snack. Don't forget to wash your hands first!**

## Recipe Breakfast Sundae

**Ingredients:**

- 2 cups low-fat granola cereal
- 1 cup low-fat yogurt
- 1 cup fruit, chopped

**Supplies:**

- 1 tablespoon
- measuring cup
- 3 bowls
- 2 8-oz clear cups

**Preparation Time:** 10 Minutes**Serves:** 2**Serving Size:** 8 oz**Directions:**

1. Use a measuring cup to measure out the ingredients and place each in a separate bowl.
2. Using a spoon, layer the granola, yogurt, and fruit into 2 plastic cups.
3. Get creative! Alternate colors. Try a variety of fruits.
4. Refrigerate or enjoy right away.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Fruits and vegetables are naturally low in calories, **added sugars**, and **solid fats** — which makes them healthy choices. Sometimes **sugars** and **solid fats** are added to fruit and vegetable foods during processing or preparation. This can make these foods higher in extra calories that the body does not need.

### How do you know what's in a food?

Read and compare the Nutrition Facts labels and ingredients lists of the foods below to see what is in each food, as well as the calories, sodium, and solid fat content.

You have the power of choice. Can you make the healthier one?



#### Applesauce With Sugar

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 1g	4%
Sugars 22g	
<b>Proteins</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Which applesauce is lower in **calories**?

\_\_\_\_\_

\_\_\_\_\_

What **sugars** are in the ingredient list for the sweetened applesauce?

\_\_\_\_\_

\_\_\_\_\_

**Ingredients:** Apples, Corn Syrup, High Fructose Corn Syrup, Sugar, Water, Natural Flavor, Ascorbic Acid (Vitamin C).

#### Unsweetened Applesauce

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
<b>Calories</b> 51	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	5%
Sugars 12g	
<b>Proteins</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Apples, Water, Ascorbic Acid (Vitamin C).

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Tomato Soup, Prepared With Water

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
<b>Calories</b> 75	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 10g	
<b>Proteins</b> 2g	
Vitamin A 10%	Vitamin C 26%
Calcium 2%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.



What is the **%DV** (Percent Daily Value) for **sodium** for the regular tomato soup?

\_\_\_\_\_

What is the **%DV** for the reduced **sodium** soup?

\_\_\_\_\_

## Reduced-Sodium Tomato Soup, Canned, Prepared With Water

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
<b>Calories</b> 75	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 10g	
<b>Proteins</b> 2g	
Vitamin A 10%	Vitamin C 26%
Calcium 2%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Frozen Broccoli

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
<b>Calories</b> 25	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Proteins</b> 3g	
Vitamin A 20%	Vitamin C 60%
Calcium 4%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.



What is the **%DV** for **saturated fat** for each?

\_\_\_\_\_

What is the **%DV** for **sodium**?

\_\_\_\_\_

Which has more **calories**?

\_\_\_\_\_

## Frozen Broccoli With Cheese Sauce

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
<b>Calories</b> 105	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 14mg	<b>5%</b>
<b>Sodium</b> 178mg	<b>7%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Proteins</b> 6g	
Vitamin A 14%	Vitamin C 52%
Calcium 15%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.



# Fruit Imposters

## LESSON 9 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Did you know that not all foods with fruity names or pictures of fruit on their packaging actually contain real fruit? Some may have only a small amount of fruit. Such products may have only fruit flavorings that make them taste like a fruit. Not only do they not belong to the **Fruit Food Group**, but they also tend to be high in added sugars. Study the labels and ingredients list below.

### Can you spot the fruit imposters?



#### Fruit Punch

##### Nutrition Facts

Serving Size 1 drink box (200ml)  
Servings Per Package 10

###### Amount Per Serving

**Calories** 90 **Calories from Fat** 0

###### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	

###### Proteins 0g

Vitamin A 0%	•	Vitamin C 100%
Calcium 0%	•	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Pure Filtered Water, Sweeteners (High Fructose Corn Syrup), Orange and Pineapple Juices from Concentrate, less than 0.5% of: Vitamin C (Ascorbic Acid), Citric Acid (Provides Tartness), Natural and Artificial Flavors.

Imposter? YES / NO



#### Fruit Snacks

##### Nutrition Facts

Serving Size 1 pouch (26g)  
Servings Per Package 6

###### Amount Per Serving

**Calories** 100 **Calories from Fat** 10

###### % Daily Value\*

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	

###### Proteins 0g

Vitamin A 0%	•	Vitamin C 100%
Calcium 0%	•	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Corn Syrup, Sugar, Fruit Juice Concentrate (Apple, Grape, Strawberry, Orange, Lemon), Modified Corn Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and Soybean), Malic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Mineral Oil, Blue 1, Red 40, Yellow 5, Yellow 6, Carnauba Wax.

Imposter? YES / NO



#### Pineapple Chunks

##### Nutrition Facts

Serving Size 0.5 cup (120ml)  
Servings Per Container 4

###### Amount Per Serving

**Calories** 80 **Calories from Fat** 0

###### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	

###### Proteins 0g

Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Pineapple, Pineapple Juice, Preservatives.

Imposter? YES / NO

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Throughout this unit, you've learned about and tasted a variety of fruits and vegetables, worked in the garden, and gained lifelong skills to help you take care of your health.

**Reflection:**

- 1) What was my most memorable activity?
- 2) What have I learned about fruits and vegetables? What new fruits and vegetables did I discover and try?  
What are my favorites?
- 3) What have I learned about gardens?
- 4) What have I learned about my own health?
- 5) What is the most interesting or exciting thing I have learned that I think will help me in my life?

**My Garden Fresh Moment:**

Use the reflection questions above to help you with your creative writing. You may choose to write a short story, a poem, a song, an essay, or an article for your local newspaper. What memory do you want to share?

**Illustrate Your Moment:**

**Draw a picture or make a collage of your "Garden Moment." Write about it in your Garden Journal.**